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'He'd always help you out'

Craig Kelloway.
Homicide victim mourned by his family, friends and students

Craig Kelloway, 31
PHOTO COURTESY DENECA MOMBOURQUETTE

Craig Kelloway was the type of person who'd roll up his sleeves and help a neighbour in need.

"Craig was easy-going, he had a big heart and he'd do anything for anybody," said mother Monica Kelloway, reached late Monday in Nova Scotia. "He'd always help you out."

Friend Adam Swain echoed similar sentiments.

Swain brought the 31-year-old to help with his plumbing company during the summers Kelloway spent away from teaching at Calgary's David Thompson School.

"Back when he lived in New Brighton, he helped five or six people build fences," Swain said. "He was just one of those guys."

Given his nature, it wasn't surprising that Kelloway ended up Saturday night at the home of neighbour Nicholas Rasberry, who lived two doors down, after only having met him earlier in the day.

But what happened after that remains unclear. Cousin Deneca Mombourquette said an altercation occurred and when police arrived at Rasberry's residence in the 100 block of Auburn Springs Close S.E. they found Kelloway suffering from critical injuries. Medics attempted to resuscitate him but he was pronounced dead on scene.

On Monday, Rasberry was charged with second-degree murder.

Kelloway leaves behind a five-month-old son as well as dozens of devastated students to whom he taught science.

"You were the best science teacher anyone has ever had," one student wrote on Twitter Monday. "Can't believe you're gone."

Calgary police were awaiting the results of an autopsy Monday, said Staff Sgt. Doug Andrus. As such, they did not formally identify Kelloway as the victim nor reveal the cause of his death.

A Calgary Board of Education spokesperson said counsellors and other support services were being offered to students affected.

A funeral is being planned for Kelloway in his native Cape Breton where he will be buried next to his grandparents.

JEREMY NOLAIS/METRO

A 'STALWART ALDERMAN'

Speaking to reporters Monday afternoon, Ald. Gord Lowe reflects on his 12 years as a member of Calgary's city council. Earlier in the day, Lowe announced he would not seek re-election in October's municipal election. While they often disagreed, Mayor Naheed Nenshi praised Lowe, 73, as a "stalwart alderman." See story, page 3. ROBSON FLETCHER/METRO

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Ward 2. Ald. Gord Lowe will not be seeking re-election

After more than a decade on council, Ald. Gord Lowe announced Monday that he will not seek re-election in this fall's municipal election.

"I've had 12 great years," Lowe said. "It's been an honour and a pleasure to serve the constituents in Ward 2, but it's time, I think, to start to look to other endeavours."

Lowe, 73, was first elected to council in 2001, and though he and Mayor Naheed Nenshi disagreed over issues such as the airport tunnel, Nenshi took time during Monday's council meeting to celebrate Lowe's long service to the community.

"I think every Calgarian owes him a debt of gratitude," Nenshi later told reporters. "Ald. Lowe is one of the hardest working aldermen and one who takes his job very, very seriously on every single file."

Lowe said he has "no real regrets" from his time on council and looked back confidently on his decisions.

"I believe very firmly that you have to have all of the information from all sides to make a decision," he said. "And that's been my practice for the past 12 years."

Lowe is the only member of council to announce he won't seek re-election.

Twelve other aldermen, as well as the mayor, all plan to run again in October's vote, while Ward 1 Ald. Dale Hodges has yet to announce his intentions.

ROBSON FLETCHER/METRO

Cutting 'into the bone' at high schools

11% cut per student at secondary level. Class sizes will rise, VPs and librarians will be teaching more and teachers will face heavier loads, CBE warns

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Many Calgary public high schools will see class sizes rise, vice-principal and librarians enlisted to teach more classes and likely cope with delays when it comes to trouble-shooting problems in computer labs or booking guidance-counsellor appointments.

Those are just some of the impacts becoming increasingly apparent as Calgary Board of Education principals juggle precious few dollars in the wake of lower-than-expected funding from the province.

In response to the budget, CBE senior administrators opted to protect younger students as well as those with special needs and slash per-student allocated funding by 11 per cent for high-schoolers.

"I think what's really clear here is the fat has been long cut off, we're through the muscle and we're into the bone, without a doubt," said Calvin Davies, CBE director of area 4, which covers some of central and west Calgary.

Davies met with principals last week and again on Monday to go over final resource-allocation plans. He said teaching positions will likely hold steady; however, some may be asked to do more classroom-based work, especially at the high-school level.

"We are using the filter of how we can be least disruptive to students and parents as possible," he said.

But Frank Bruseker, Alberta Teachers' Association local president, questioned how the budget realities fit with the provincial government's pledge in a tentative contract currently before educators to reduce workload.

"It's going to make it really tough," he said.

Davies said it will be pretty close to business as usual at elementary and middle schools, but some trickle-down delays could be seen after funding reductions to CBE central-office technical and financial-support services.

CBE spokesperson Richard Peter said Monday that while Davies oversees operations for only one area of the city, many of the same tough choices were being reported across the system.

Classes and courses

- CBE area director Calvin Davies said he expected high-school classrooms to pack in a few extra students this fall over and above the 26.8 student average being reported systemwide for the current school year.
- Davies said he didn't expect course offerings and extra-curricular activities at high schools to be impacted.

Calgary Board of Education area 4 director Calvin Davies has been working closely with principals to mitigate impacts of lower-than-expected provincial funding. JEREMY NOLAIS/METRO

'Cradle to career'. United Way to do annual report cards on our kids

Calgary kids' health and development will be tracked from "cradle to career" with annual reports made available for everyone to see and use, under a new initiative of the United Way.

"It gives us a more complete picture of how our children are doing," said Dawne Clark, director of the Centre for Child Well-Being at Mount Royal University, and one of the partners in the initiative, named UpStart.

Lucy Miller, president and CEO of the United Way of Calgary, said the data will be of use to everyone from policy makers and school districts to universities and the general public.

"This will be the baseline," Miller said of the inaugural report, based on data from 2012. "Over the next couple of years, we'll be looking for patterns and trends."

The annual report cards will track eight indicators of child and adolescent well-being, including early cognitive skills, student-engagement levels and provincial test scores.

Miller said the data is already being collected independently in separate streams, but the power of this initiative lies in bringing it all together and publishing it in a single, easily accessible format.

"People will believe this kind of information if it's presented properly and in a way the public can understand," she said. "It's going to allow us to actually look at the impact of what we're doing and to plan more thoughtfully."

ROBSON FLETCHER/METRO

The United Way of Calgary and Area is the first in North America to undertake an initiative such as this, said president and CEO Lucy Miller. METRO FILE

St. Joseph High School student Mikhaila Currie, left, shows Premier Alison Redford how to punch letters onto a piece of metal in the Edmonton school's welding shop on Monday morning. ANNALISE KLINGBEIL/METRO IN EDMONTON

Dual-credit program aims to help Jacks and Jills of all trades

Hands-on learning. Students earn high-school, post-secondary credits for same course

ANNALISE KLINGBEIL
Metro in Edmonton

Grade 12 student Mikhaila Currie has earned both high-school and post-secondary credits for the same welding courses, thanks to a program that lets students explore careers in the skilled trades.

And an $11-million investment in the Provincial Dual Credit Strategy, announced on Monday by Premier Alison Redford, means more students can follow in Currie's footsteps.

A walk on the weld side

$11M

The province will invest $11 million in the Provincial Dual Credit Strategy over three years.

On a tour of the welding centre at St. Joseph's High School in Edmonton with three ministers, Redford said the expansion and further development of the dual-credit program will ensure students who know what they want to do can start on that path before they finish high school.

"We know that there are people in high schools right now who perhaps don't want to be doctors, lawyers and teachers," she said. "They know they want to be welders or they know they want to be electricians — perhaps interior designers."

The dual-credit program includes courses in culinary arts, pre-engineering, health sciences, welding and other areas. The funding will support schools, post-secondary institutions and businesses as they partner to deliver opportunities to students through the dual-credit strategy.

Education Minister Jeff Johnson said the program blurs the lines between kindergarten to Grade 12 education and post-secondary schools. "It's really an exciting development," he said.

Currie credits the program with helping her find her passion for welding.

"This dual-credit opportunity … is amazing," she said.

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CBE. Expectations have changed for public officials, says departing trustee

After more than nine years of representing families in Calgary's rapidly growing southeast, public school trustee Carol Bazinet is stepping down.

She is the first — possibly the only — trustee of the Calgary Board of Education's seven-member body to announce that her name won't appear on the ballot this October.

But whoever should serve as a replacement in Wards 12 and 14, Bazinet said they should take the job with the knowledge that publicly elected officials are being put under the microscope more than ever.

"Maybe it was OK in the past — people thought, 'OK, we'll elect people, we'll trust them, they will do whatever has to be done,'" she said. "I think now people are saying they want to know what's going on. They want to know, with different ways of communicating, what their representatives are saying on their behalf, and that's a good thing."

Bazinet said a major regret in her time as trustee is that community members in her wards were not encouraged to speak up more for new schools.

Last week, New Brighton and Copperfield were awarded kindergarten to Grade 4 schools in a funding announcement from the province. Bazinet cried foul after a middle school for her communities was overlooked and a middle school for the vocal northwest community of Royal Oak was approved, despite being lower on the CBE's capital plan.

Carol Bazinet
METRO FILE

At least three candidates have announced they will be running in Bazinet's area in October: Malik Amery, Christina Steed and Amber Stewart.

Of CBE trustees currently serving, only Ward 11 and 13 representative Sheila Taylor has formally announced she will seek re-election.

JEREMY NOLAIS/METRO

Big-box blitz. Target Canada opening in Calgary, Edmonton

More than 20 Target stores across Western Canada, including three in Calgary and three in Edmonton, will be unveiled on Tuesday after a long wait.

Among the 124 stores planned for across the country, 22 outlets will have a soft opening in Alberta, B.C., and Manitoba.

In Calgary, Chinook Centre, Forest Lawn Shopping Centre and Market Mall will be home to the American big-box store, and in Edmonton, Bonnie Doon Shopping Centre, West Edmonton Mall and Mill Woods Town Centre will welcome Target Canada.

In all, Alberta will have 10 new Target stores including locations in Grande Prairie, Red Deer, Sherwood Park and St. Albert.

A fourth Calgary store in Shawnessy will launch on May 14.

Doors open at 8 a.m. on Tuesday, with hours of operation from 8 a.m. to 10 p.m. Monday to Saturday, and 8 a.m. to 9 p.m. on Sunday.

METRO

Music lovers invited to record with bands

Playground.is. Vancouver-based group to create recording studio in Calgary, Edmonton

A makeshift recording studio will be popping up in both Calgary and Edmonton later this month, and locals will have the chance to make music with Alberta bands.

Kev Holloway and Adam Schelle are bringing their Vancouver-based initiative Playground.is to Alberta, Kelowna and Victoria. The concept is to transform a venue into a studio, allow audience members to collaborate with bands, and record a song all in one evening.

"The idea is that the band has the song and comes up with the way to reimagine that song using the audience as a new instrument part," said Schelle.

Holloway said the idea of music collaboration is not a new one but Playground.is a unique experience in that you don't have to be a musician to participate.

"It's a free event and the only rules are you leave your wallets at home and egos at the door," he said.

In Calgary, local band Dojo Workhorse will be leading the recording on May 19, at a location to be announced. In Edmonton, Shout Out Out Out Out will be hosting their own Playground on May 16.

Front man for Shout Out Out Out Out Nik Kozub said they've written a new song with the recording in mind that will allow fans to play an integral role in the tune.

"We're always … trying to think of things to do that are different than just playing a show at a bar," he said. "When we heard the concept, it instantly appealed to us."

To participate, request an invite online at playground.is, and a week prior invites will be sent out to those who have signed up.

KATIE TURNER/METRO

The Harpoonist and the Axe Murderer perform at one of Playground's events in Vancouver. The group will be hosting two events in Alberta this month. CONTRIBUTED

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And they lived happily ever without Wildrose. Redford defends school trips

Alison Redford is defending her decision to travel the province as premier to warn young children that under a Wildrose government no new schools would be built.

"There is nothing wrong with ensuring that we remind people that last year (at the election), they had a choice, and they chose to build schools," Redford told the house during question period Monday.

The session featured a number of angry exchanges across the aisle, with Redford and Wildrose Leader Danielle Smith comparing each other to that lovable wooden liar, Pinocchio.

Smith told the house that Redford stepped over the line by involving kids in partisan politics on the taxpayers' dime, and misrepresented Wildrose by saying Smith's team is pursuing a "build-nothing" agenda.

"Will (the premier) stop acting like Pinocchio and tell the kids the truth about it, instead of the made-up scary-tales she told them last week?" said Smith.

"It's the leader of the Opposition who should be concerned about her nose growing," said Redford.

Redford came under fire after delivering partisan political attack speeches to schoolchildren at government announcements for new school construction. THE CANADIAN PRESS

Calgary

School-board fees to stay mostly flat

Calgary's public school board will freeze busing fees this fall and lunchroom costs will come in a little lower than expected for students staying at school over the noon-hour five days a week. Busing fees will remain at $215 for KG and $295 for all others. Lunch supervision fees will be $220 for five days and $200 for four. METRO

Mischief. Alta. man admits he faked his own abduction

A man from southern Alberta has admitted that he staged his own abduction early this year.

Matthew Robillard of Lethbridge pleaded guilty through his lawyer to public mischief.

Friends and family became worried when Robillard, who is 25, did not turn up for work one day in January at a bank in Picture Butte.

Police say he beat himself up and smashed windows in his own vehicle to make it look like he had been abducted.

He was later found at a hotel in Calgary.

Lethbridge police said Robillard's actions were prompted by a significant financial loss.

The police service has also said the investigation into his disappearance took a lot of resources and cost tens of thousands of dollars.

THE CANADIAN PRESS

Anti-Kremlin protesters call out Putin in Moscow

Russia. Thousands support jailed comrades, who face multi-year prison sentences for role in last year's rallies

Around 20,000 Russian opposition supporters gathered for a protest on Monday, venting anger against the Kremlin and demanding the release of political prisoners.

Exactly a year ago, a protest on the same square — the day before President Vladimir Putin's third presidential inauguration — ended in violent clashes between demonstrators and police.

Participants in Monday's rally, which went peacefully amid heavy police cordons, urged the authorities to free more than two dozen people facing criminal charges over their involvement in the protest a year ago.

Russian police detain an unidentified man during a protest rally in Bolotnaya Square in Moscow on Monday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Since Putin returned to the presidency, authorities have initiated criminal proceedings against opposition activists, and the Kremlin-controlled parliament has quickly approved a series of repressive bills that sharply hiked fines for participation in unauthorized rallies and imposed new tough restrictions on civil-society activists.

Alexei Navalny, an opposition leader who is facing a trial on embezzlement charges he said were fabricated on Putin's orders, urged the demonstrators Monday to "throw (Putin) out of the Kremlin."

He ended his speech with the chant "Russia will be free!" which was repeated by the crowd.

THE ASSOCIATED PRESS

Prehistoric justice. Stolen Tyrannosaurus skeleton returned to Mongolia

U.S. authorities in New York are returning a 70-million-year-old Tyrannosaurus skeleton to the Mongolian government this week.

The artifact will be flown to its native land free of charge via Korean Air, U.S. and Mongolian officials said Monday while announcing the repatriation of the priceless artifact.

"We are very pleased to have played a pivotal role in returning Mongolia's million-dollar baby," U.S. Attorney Preet Bharara said. "Of course, that million-dollar price tag, as high as it is, doesn't begin to describe the true value of an ancient artifact that is part of the fabric of a country's natural history and cultural heritage."

The skeleton had been looted from Mongolia's Gobi Desert and illegally smuggled into the U.S. by fossil dealer Eric Prokopi, authorities said. Prokopi, who bought and sold whole and partial dinosaur skeletons out of his Florida home, illegally imported the bones into the U.S. then assembled them into a skeleton, they said. THE ASSOCIATED PRESS

Bolortsetseg Minjin, director of Mongolia's natural-history museum, examines the Tyrannosaurus bataar skeleton with University of Alberta professor Dr. Philip J. Currie, second left, in New York, Monday. RICHARD DREW/THE ASSOCIATED PRESS

Alleged hit-and-run

U.S. bishop arrested on drunk-driving charges

The leader of a Roman Catholic Diocese was arrested over the weekend on a drunken-driving charge after an alleged hit-and-run accident.

Worcester, Mass., Bishop Robert McManus, 61, was arrested Saturday night in the neighbouring state of Rhode Island.

After the accident, the driver of the other vehicle followed McManus and called police, who arrested McManus at his nearby vacation home, police said. In a statement Monday, McManus said he "made a terrible error in judgment" by driving after drinking wine at dinner.

THE ASSOCIATED PRESS

Bishop Robert J. McManus THE ASSOCIATED PRESS

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Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government monitoring and medical warnings about overconsumption of caffeine.

TORSTAR NEWS SERVICES

A few years ago, three former employees of PepsiCo Canada and Kraft Canada took note of growing demand for "functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics.

"We wanted to create a product that tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites.

TORSTAR NEWS SERVICE

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Ex's e-lies killed my rep: Teacher

Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

Cybersmear. Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — including coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthy liar.com and datingpsychos.com, calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of $66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. KATE WEBB/METRO IN VANCOUVER

Utah

DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges.

THE ASSOCIATED PRESS

First-degree murder

Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial.

The trial attracted worldwide attention.

THE ASSOCIATED PRESS

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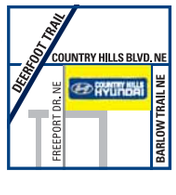

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Legless man begins his 300-km odyssey

Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

We Walk 4Water.
Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN
For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both his legs to a genetic disorder. Doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it has led to one of his main messages.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers. He'll also be joined by singer Nelly Furtado, Free The Children co-founder Craig Kielburger, and Aislinn Paul and Munro Chambers of Degrassi.

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

TORSTAR NEWS SERVICE

Special thanks to...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."
Veterans' Affairs Minister Steven Blaney

Budget sheared

University to count coin, not sheep

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep after recent cutbacks.

According to Mary Buhr, dean of the College of Agriculture and Bioresources, it costs the U of S roughly $100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

MORGAN MODJESKI/ METRO IN SASKATOON

Pakistani children Monday watch a soldier standing guard at an entrance of a compound where an election rally is to be held in Quetta, Pakistan. Graffiti on walls around this Pakistani provincial capital warn that "voting means death" in this weekend's elections. ARSHAD BUTT/THE ASSOCIATED PRESS

Separatists using violence to derail Pakistan elections

Restive Baluchistan. Insurgents target fellow Baluchs seen as traitors for agreeing to participate in the vote

The graffiti on walls around the Pakistani provincial capital of Quetta hold a dire warning ahead of this weekend's national elections, "Voting means death."

It's a very real threat: Over recent weeks at least six people have been killed and around 40 wounded in bombings and grenade attacks targeting candidates.

Ethnic Baluch separatists who have waged a bloody insurgency trying to win independence for the vast, sparsely populated province of Baluchistan are seeking to derail the vote with a campaign of violence. Saturday's election has thrown into sharp relief a question that has divided the country's Baluch ethnic minority: Can the community win their rights at the ballot box or is the only solution a violent campaign to break away from Pakistan?

Meanwhile, a bomb blast tore through a political rally held by an Islamist party in northwest Pakistan Monday, in an attack claimed by the Pakistani Taliban that killed 16 people and underscored an increase in violence ahead of the May 11 vote.

The explosion, at a rally held in the village of Sewak in the northwest Kurram tribal area, was the latest attack on candidates, political offices and election-related events as the vote approaches.

Much of the violence is believed to have been carried out by the Taliban against three liberal and secular parties. But Monday's blast targeted a gathering of the Jamiat Ulema-e-Islam party which generally has a more favourable relationship with the militant group.

THE ASSOCIATED PRESS

Cyber-attacks. Pentagon ratchets up accusations against Beijing

The Pentagon for the first time used its annual report on China to directly assert that Beijing's government and military have conducted computer-based attacks against the U.S., including efforts to steal information from federal agencies.

The Pentagon report, released Monday, said China is using its cyber capabilities to collect intelligence against U.S. diplomatic, economic and defence programs.

And the report warned that the computer skills needed for such espionage is similar to those needed to conduct cyber-warfare.

THE ASSOCIATED PRESS

Secret unit

In February, U.S.-based cyber-security firm Mandiant issued a report accusing a secret Chinese military unit in Shanghai of cyber-attacks against more than 140 companies, most of them American.

Bangladesh building

Owner could face murder charges

Bangladeshi police are investigating possible murder charges against Mohammed Sohel Rana, the owner of a shoddily built building that collapsed nearly two weeks ago, after the wife of a garment worker crushed in the accident filed a complaint. The death toll had reached 645 Monday.

Officials say Rana added three floors and let factories install generators, vibrations from which are thought to have contributed to the collapse. THE ASSOCIATED PRESS

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Dubious products

Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release poutine flavour exclusively for the Canadian market.

In the decade since the Seattle-based company issued a Turkey & Gravy soft drink as a promotional lark, it's become known for wacky flavours — Gingerbread, Green Bean Casserole, Pear Tree and Candy Cane.

"With a nice balance of rich, savoury gravy over a starchy potato base, and accented with those fatty, cheesy notes you expect in a plate of poutine, we believe we've developed the perfect liquid version of this undisputedly Canadian delicacy," said Andrew Baumann, Jones Soda's marketing and social media manager, in a release. TORSTAR NEWS SERVICE

Market Minute

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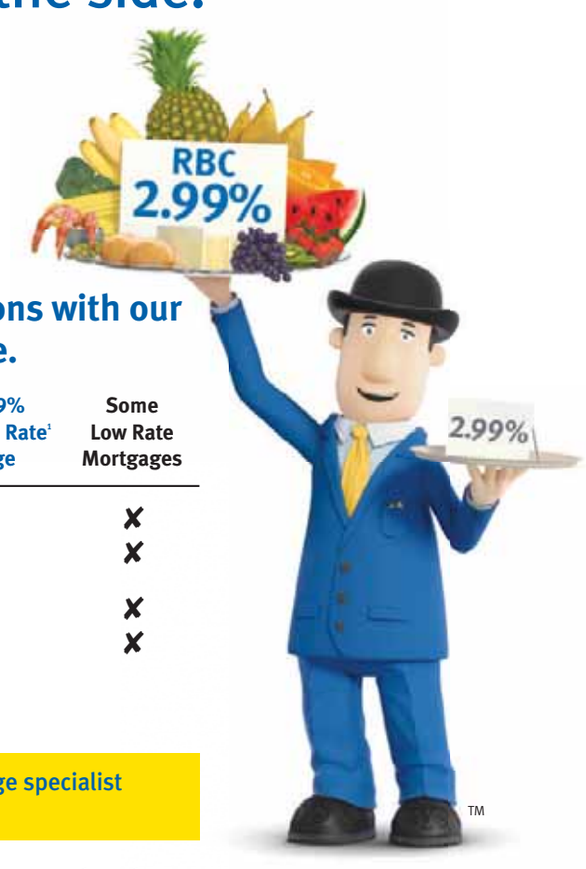

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App to help vets cope with PTSD

Mental Health Week.
Mobile tool gives users details on symptoms, support, coping skills

Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. THE CANADIAN PRESS

The roll-out of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in addressing the mental-health needs of those who sacrificed so much for their country."

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care, and where to find support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life. THE CANADIAN PRESS

No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said Monday. WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS

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SHE SAYS

Jessica Napier
metronews.ca

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowdfunding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brood II: 17 years in the making

Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With marathon season now in full swing, runners are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and work-outs. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of redheads, which attracted hundreds of participants. Who should be the community's ambassador?

@Kyle_Lesponts:
#youppi #habssuck

@FrenchmanCanada:
@shaunmajumder I'm sure he secretly is a redhead.

@lyinatnight:
anne of green gables

@ruggles79:
Carrot Top. Nuff said...

@matty7films:
Rita Macneil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

@ kingperry
Conan O'Brien suits this role nicely.

@marcuscarab:
Eric Cartman, obviously

Follow @metropicks and take part in our daily poll.

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DVD reviews

Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd. Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with homemade bongs — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?
I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic?
I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music?
I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces?
Yeah, it's picking up. It's cool; it's crazy.

You've said before that you're a "nerd." Does that mean you enjoy your own company?
I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?
I was but not super though. My parents would never let me have a console — which was great, to be honest.

You were more into the techy side of computers?
I used to write text adventure programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

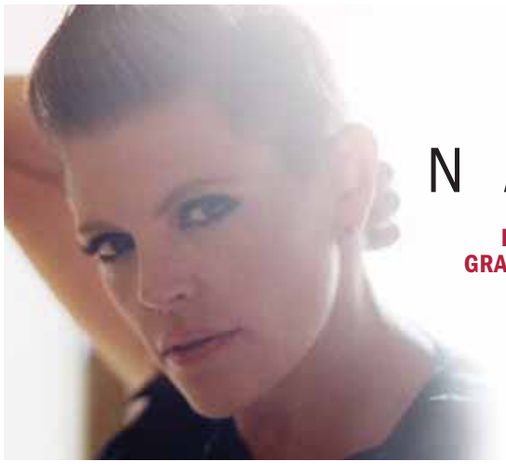
MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?
Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?
Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?
I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?
I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.

SCENE



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The Word

Rage against the dying of the light — or just pick Bieber

THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

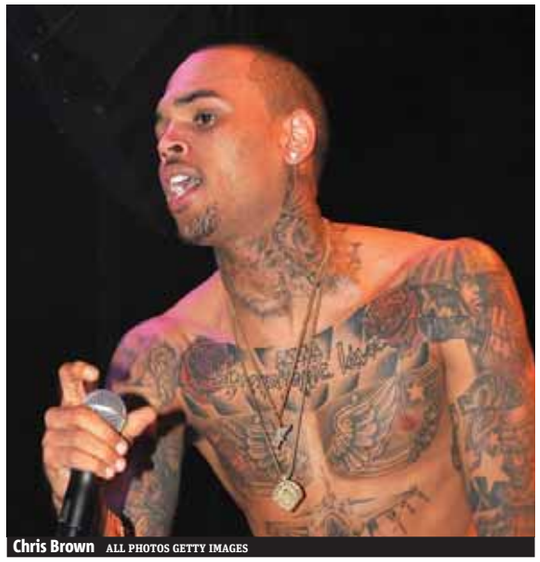
"You can't get any bigger than Justin Bieber. The executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

That means the current line-up of judges — Mariah Carey, Nicki Minaj, Keith Urban and Randy Jackson — will possibly not be returning. Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the 24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? What is called "husband-ing"? Forgetting to take out the garbage?

Big Ang THE MOHEGAN SUN

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, It's All Good, may be overwhelming, but the recipes are irresistible

ROMINA McGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook It's all Good — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.

Looking good and feeling good. HANDOUT

Afternoon snack: A handful of raw almonds

From the foreword

Does this actually work?

DR. HABIB SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for It's All Good, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?
"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. ... Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hyper-nutrition, supplementation and digestive rest. It's medicinal."

Top 5

Dr. Sadeghi's top 4 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins."

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Best Health

Three delicious ways to boost your eyesight

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

May is Vision Health Month in Canada.

Stock up on these foods to help keep your eyes healthy.

Keep eating them all throughout the year to maintain that boost.

1. Citrus fruit.
It's full of vitamin C, a powerful antioxidant that inhibits damage to the body caused by free radicals. Recent research has shown that the retinas of our eyes require vitamin C in order for their nerve cells to function properly and to maintain better eyesight.

2. Leafy greens.
Spinach, kale and other greens are a good source of lutein and zeaxanthin, which help retina cells ward off free radicals and reduce the risk of macular degeneration.

3. Sweet potatoes and carrots.
Foods high in beta-carotene can help protect eyes. In the body, beta carotene is converted to vitamin A, and in the retina it converts to a protein essential for perception of light.

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She survived six rounds of chemo; bring on the mountain

Breast cancer. Survivor preparing to climb Mount Kilimanjaro, blog about it and raise money for The Hope Trek

Help others overcome breast cancer by supporting the Hope Trek up Mount Kilimanjaro. HANDOUT

Are you ready for the adventure of a lifetime? Join the Hope Trek to the summit of Mount Kilimanjaro and support a future without breast cancer.

This incredible 11-day journey begins on Sept. 26 and ends on Oct. 6 — the same day as the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The footage of the Hope Trekkers reaching the summit of Kilimanjaro will be broadcast at every opening ceremony for the CIBC Run for the Cure, which is being staged at 68 sites across Canada. The Hope Trek is organized by Charity Challenge, the world's leading fundraising challenge operator. They have helped to raise more than $50 million for more than 1,400 registered charities.

Jodi Brown, who shared her story about winning her breast cancer battle in Metro last October, is joining the Hope Trek, and she'll be writing about her experience and the experience of her fellow trekkers for Metro.ca.

"I'm climbing Mount Kilimanjaro (in Tanzania! in Africa! — yes I had to Google it) for two reasons," says Brown. "One, I'm a breast cancer survivor. And two, the thought of climbing it intimidates the crap out of me. Recently, I've decided that if something really scares you, you should probably do it. I made it through six rounds of chemo and a double mastectomy. Bring on the enormous, huge, giant, mountain!"

If you're ready for the challenge, you can register at charitychallenge.ca. Book before May 28, type in the promo code METRO and you'll receive $100 off your deposit. Numbers are limited and places are allocated on a first come, first served basis. METRO

Have Hope

The details on Hope Trek

- **Who?** Maximum of 28 people per trip
- **What?** 11-day trek to Mt. Kilimanjaro summit through the Lemosho route.
- **Where?** Mt. Kilimanjaro in Tanzania, Africa.
- **Why?** To raise money for the Canadian Breast Cancer Foundation

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Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
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The ultimate crowd-pleaser, lasagna is always the answer

MAIJA MOMENTS
YummyMummyClub.ca

Lasagna is a staple recipe in any kitchen. Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.
4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.
6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

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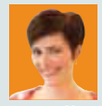
Health Solutions

Get a little okra into your life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Dinner. Bow-Tie Pasta with Chicken, Olives and Sausage

Ingredients

- 12 oz bow-tie pasta
- 1 tsp vegetable oil
- 1 tsp crushed garlic
- 8 oz spicy sausage, skin removed and chopped
- 1/3 cup sliced black olives
- 1/8 tsp red pepper flakes
- 2 cups chicken or beef stock
- 2 1/2 tbsp all-purpose flour
- 1 1/2 cups thinly sliced roasted or grilled chicken
- parsley

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in a bowl.
2. In a large, non-stick skillet, heat oil and sauté garlic and sausage for 5 minutes, or until sausage is no longer pink. Add olives and red pepper flakes.
3. Meanwhile, in a small bowl, combine stock and flour until smooth. Add to sausage mixture and simmer until just slightly thickened, approximately 4 minutes, stirring constantly. Add chicken and cook for 1 minute. Pour over pasta. Sprinkle with parsley and toss.

ROSE REISMAN, AUTHOR OF ROSE REISMAN BRINGS HOME LIGHT PASTA

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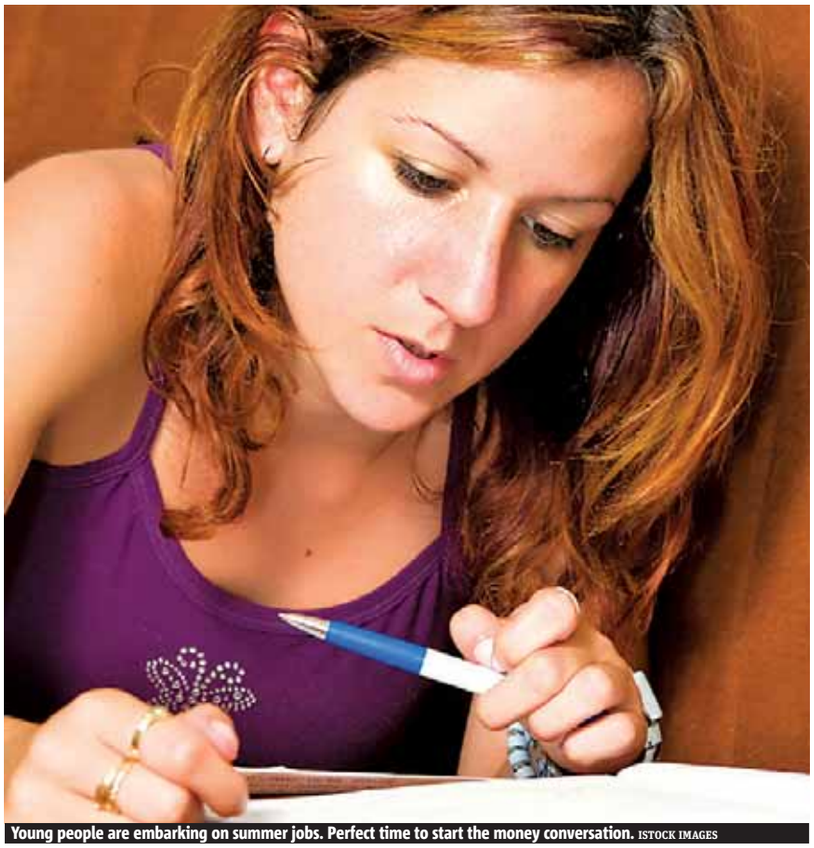


Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

Play for all the marbles — or not

YOUR MONEY
Alison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up $10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another $10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the $10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of $10 and risk no further loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

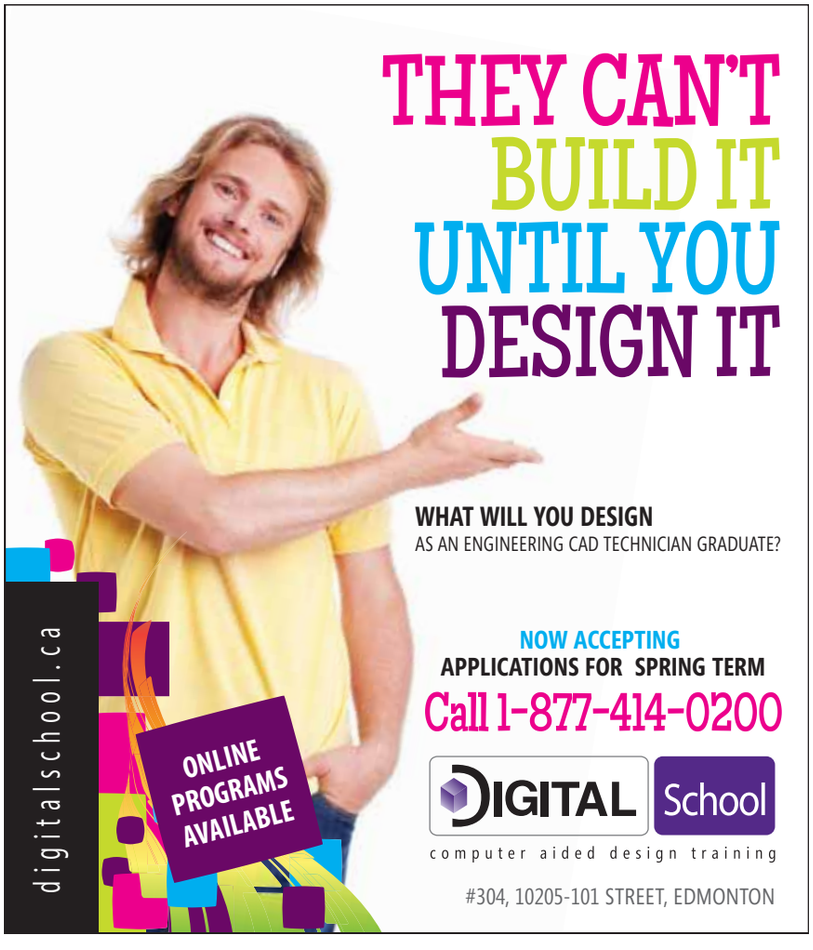
I was a little surprised by the last one, mainly because I see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 $1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Treasure hunting tips for the savvy yard sale shopper

Now that summer is here, garage sales and flea markets abound. But as you search for that perfect treasure, be sure to keep safety in mind.

Second-hand items, especially electronics, building supplies, appliances and helmets, may carry certain risks if they are damaged or used. If you are planning on holding a yard sale, check Health Canada's website for recent changes that state everyone holding a garage or yard sale is legally responsible for ensuring that products being sold are safe and meet current regulatory requirements.

CSA Group, a leading certification and testing organization, offers these safety tips for yard sale shoppers:

With garage sale season underway, don't forget some of these simple safety tips. NEWSCANADA

Second-hand items

• Avoid electrical or gas products if a label from a recognized certification organization such as CSA Group is missing. Look closely at the mark to ensure it matches the design and colour of certification marks from the same organization on other similar products.

• Check wiring and extension cords for wear and damage. In particular, look for worn insulation and splices on the cord and loose or exposed parts on the plug.

• Avoid purchasing used bicycle, hockey or construction helmets as you don't know their history or what damage may be hidden from plain view.

Counterfeit or illegal goods

• Counterfeiters often use flea markets to peddle fake goods. Packaging on counterfeits is often poorly designed or has only partial illustrations. Misspellings and unclear printing on products and labels may be another indicator of a fake product.

•Brand-name companies want you to know whose product you're buying, so look for a recognized name. Also look for return addresses or company contact information on packages.

• Check the "look and feel" of goods. Fake products often seem light and flimsy.

NEWS CANADA

The Spark: Defying the experts on autism

Nurturing Genius. Book details how a mother took son out of special education to work with him herself

RITA POLIAKOV
rita.poliakov@metronews.ca

Kristine Barnett with son Jacob. DREW ENDICOTT

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of The Spark: A Mother's Story of Nurturing Genius (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month- old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write The Spark.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their child's instincts," she said.

Writing The Spark wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

Jacob was supportive through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.

To learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote The Autistic Brain: Thinking Across the Spectrum, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.

Did you get the memo? Annoying colleagues can drive you nuts.
ISTOCK IMAGES

Study: The annoying things people do in the workplace

Using jargon phrases such as "think outside the box" and "touch base" will make you an unpopular colleague, and can destroy workplace morale, according to a new study of the worst office habits from Britain's Institute of Leadership and Management (ILM).

Around 64 per cent of those surveyed complained of "management speak" in the workplace. Colleagues arriving late to meetings upset 65 per cent of respondents, while 60 per cent had a problem with gossip.

Clothing choices and refusal to make tea or coffee were also common reasons for irritation.

The study urged management to proactively address such problems, which although seemingly trivial, can escalate into serious issues.

"People treat these as minor irritations but there is a cumulative effect," David Pardey, ILM's Head of Research & Policy, told Metro. "If no one takes action, it communicates a lack of care or respect that can lead to departures, or in the case of gossiping, legal issues such as bullying cases."

Managers must address such problems, Pardey added. "The first time one of these issues arises, the manager is not responsible. The 10th time it is squarely on them."

Workplace irritations are widely blamed on long hours, but Jonny Gifford, research adviser at the Chartered Institute of Personnel and Development, disagrees.

"Job satisfaction has increased during the recession, despite the fact we are working harder. This is due to a rise in worker influence, involvement in decision-making, and a more open culture."

KIERON MONKS/METRO WORLD NEWS

Tips to be a model colleague

1. Treat people well, and with good manners.
2. Be on time for meetings — lateness is disrespectful.
3. Avoid "management speak" — it alienates and confuses people.
4. Think about the best mode of communication. Face-to-face is often better than email.
5. Consider how noise you make affects colleagues.

POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

DIGITAL VISION/THINKSTOCK

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

– Jane Doucet

CMHA IS YOUR SOURCE FOR SERVICES

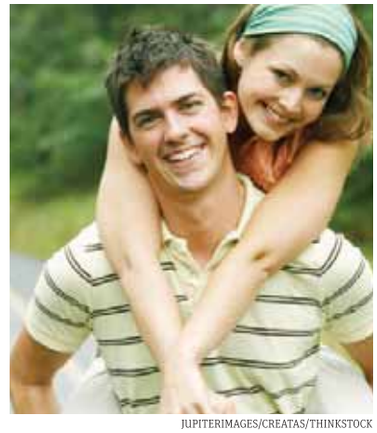
Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.



JUPITERIMAGES/CREATAS/THINKSTOCK

Why is your mental health so important?

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.

CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013

It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For **more information** on how to maintain your mental health, to find Mental Health Week **events in your community** or to **donate to CMHA**, go to **mentalhealthweek.ca**.

Mental health tips
What you can do for your mental health:

Enjoy life.
Eat well and keep active.
Talk about it.
Be kind to yourself. Take time to relax.
Ask for help – when you need it.
Practice positive self-talk.

Canadian Mental Health Association
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NHL playoffs

Rangers avoid 3-0 series hole in Manhattan

Derek Stepan and Arron Asham both scored tie-breaking goals in the third period for the New York Rangers in a 4-3 victory over the Washington Capitals in Game 3 on Monday night.

The Rangers finally found their offence and got back into their first-round playoff series. New York still trails 2-1 in the Eastern Conference series, with Game 4 set for Wednesday night.

THE ASSOCIATED PRESS

NHL playoffs

Toronto fans let down in return to post-season

The Leafs upped their shots and hits in Game 3 against the Boston Bruins. But their mistakes also went up.

That proved to be the difference Monday night as Boston took advantage to defeat Toronto 5-2 and regain the upper hand in their NHL playoff series.

"They made less mistakes than we did and their execution level was above ours," Toronto coach Randy Carlyle said in assessing the night.

"Mistakes just killed us tonight," echoed smooth-skating defenceman Jake Gardiner, who scored his first-ever playoff goal.

The loss came before 19,746 amped-up fans inside the Air Canada Centre. Outside, a blue-and-white throng watched the game on a big screen as playoff hockey returned to Toronto for the first time since 2004.

THE CANADIAN PRESS

Red Wings goalie Jimmy Howard makes a save on the Ducks' Ryan Getzlaf on Monday night in Detroit. GREGORY SHAMUS/GETTY IMAGES

Wings fly high past Ducks to even series

NHL playoffs. Detroit prevails in overtime after pair of comebacks in third

Game 4

Red Wings	Ducks
3	2

The Detroit Red Wings earned another home game.

Damien Brunner scored with 4:50 left in overtime, lifting Detroit to a 3-2 series-evening win over the Anaheim Ducks on Monday night.

Detroit defenceman Jakub Kindl started the winning sequence, passing the puck from behind Detroit's net up the ice to Joakim Andersson. He tried to connect with teammate Gustav Nyquist only to have Hiller poke the puck away.

Brunner, playing in his first NHL season, was in perfect position in front of the net and swatted in the puck to end the game.

Game 5 is Wednesday night in Anaheim and Game 6 is back in the Motor City on Friday night.

During the Red Wings' run of playing in 22 straight post-seasons, they have won 11 of 19 series that were tied at 2-2.

Pavel Datsyuk scored a second tying goal for the Red Wings with 6:33 left in regulation. Brendan Smith made it 1-1 early in the third.

Matt Beleskey gave the Ducks their first lead 5:07 into the game and David Steckel put them ahead midway through the third period.

Hiller, who shut out Detroit in Game 3, stopped the first 32 shots and finished with 46 saves. Jimmy Howard had 31 saves for the Red Wings.

Detroit played with a sense of desperation, hoping not to face elimination on the road in Game 5.

THE ASSOCIATED PRESS

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Gaydosh tips a couple back after going to Ticats

CFL. No. 1 draft pick heading to Hamilton unless NFL interest forces him south

It was shortly after 10 a.m. locally but still a good time for Linden Gaydosh to celebrate.

Moments after going first overall to the Hamilton Tiger-Cats in the CFL draft on Monday, the Calgary Dinos' rugged defensive lineman honoured the occasion by cracking open a cold one at his Peace River, Alta., home.

"(The celebration) is going very well," Gaydosh told reporters during a CFL conference call four hours later. "I've had a couple for sure.

"They're probably the best beers I've ever had."

Gaydosh's selection was hardly surprising.

The six-foot-three, 314-pound Gaydosh was the third-ranked prospect according to the CFL's scouting bureau and impressed at the league combine in March with his raw power and athleticism. And with this year's shallow talent pool, Gaydosh's stock skyrocketed leading up to the draft with six of the seven top prospects either returning to school or garnering serious NFL interest.

That made Gaydosh a hot commodity as Ticats coach/GM Kent Austin said he entertained trade offers for the No. 1 pick but none were to his liking.

"We didn't feel like the value was there and in most cases, not even close," Austin said. "It didn't get very serious in our mind."

Especially, Austin said, considering what the Ticats figured they were getting in Gaydosh.

"He's very aggressive; he's very strong and very agile for his size," Austin said. "The guy really loves football and we want guys who love the game and will commit at a high level and, as they say, pay the price to be great.

"I think Linden has those qualities."

Gaydosh registered 90.5 tackles, seven sacks and 14 tackles for a loss at Calgary, helping the Dinos win four straight Canada West championships. Gaydosh was Canadian university football's top rookie in 2009 and Hardy Cup defensive MVP the following year. THE CANADIAN PRESS

Quoted

"The NFL option is in my head and I don't want to close that door until I absolutely have to before I commit to the CFL."

Linden Gaydosh, the No. 1 pick in Monday's CFL draft. The Hamilton Tiger-Cats will have to wait for commitment from Gaydosh, who wants exhaust his NFL options before putting his signature on a CFL deal.

Stampeders' pick

The Stampeders continued the futures trend by taking the 22-year-old Brander Craighead, an offensive lineman who will return to the University of Texas at El Paso this fall with the seventh-overall pick. The six-foot-six, 295-pounder is a native of Ottawa. He has started 23 of the last 24 games for the Miners.

Spurs ice Warriors in OT

Golden State Warriors forward Harrison Barnes goes up for a dunk as San Antonio Spurs power forward Tim Duncan defends during Game 1 of the NBA Western Conference semifinals series, Monday, in San Antonio. The Spurs won 129-127. DARREN ABATE/THE ASSOCIATED PRESS

MLB

J.P. caps Blue Jays' monster rally

J.P. Arencibia hit a two-out, two-run homer in the ninth inning off Fernando Rodney and the Toronto Blue Jays completed their comeback from a seven-run deficit, beating the Tampa Bay Rays 8-7 on Monday night.

Evan Longoria hit his third career grand slam, helping Tampa Bay build a 7-0 lead that Jeremy Hellickson and four Rays relievers failed to protect before a season-low crowd of 9,952 at Tropicana Field.

Colby Rasmus and Mark DeRosa also hit two-run homers for Toronto. THE ASSOCIATED PRESS

Blue Jays outfielders Rajai Davis, from left, Jose Bautista and Colby Rasmus celebrate Monday's win in St. Petersburg, Fla. GETTY IMAGES

NBA playoffs. Bulls turn down Heat late to draw first blood in series

Nate Robinson scored 27 points, Jimmy Butler added 21 points and 14 rebounds while playing every second for the third straight game, and the Chicago Bulls stunned the Miami Heat 93-86 on Monday night to take Game 1 of their Eastern Conference semifinal series.

Trailing 86-83 with two minutes left, the Bulls scored the final 10 points of the game to beat the Heat once again.

Joakim Noah added 13 points, Taj Gibson had 12 and Marco Belinelli added 10 for Chicago, which snapped a 27-game Miami winning streak during the regular season, and handed the Heat their first loss in their last 13 games in this one.

LeBron James scored 24 points for Miami, which also got 14 from Dwyane Wade.

Game 2 is Wednesday night in Miami.

The Bulls were without Derrick Rose, as they've been all season. Kirk Hinrich was out again with a calf injury. Luol Deng isn't even expected to rejoin the team until Tuesday, after dealing with an illness apparently so severe that a spinal tap — and other tests since — were needed to rule out things like meningitis.

The Bulls' Carlos Boozer throws down a dunk Monday night. LYNNE SLADKY/THE ASSOCIATED PRESS

And the group that was left gave the reigning NBA champions more than they could handle.

Coming off a Game 7 road win in Brooklyn two nights earlier just to get into a series with Miami, the Bulls just kept grinding. When Ray Allen made a 3-pointer to give Miami an 80-78 lead, Butler came back with one of his own to put the Bulls back on top. THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Pittsburgh leads 2-1)
Sunday's result
Pittsburgh 5 N.Y. Islanders 4 (OT)
Tuesday's game
Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
(Ottawa leads 2-1)
Sunday's result
Ottawa 6 Montreal 1
Tuesday's game
Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
(Washington leads 2-1)
Monday's result
N.Y. Rangers 4 Washington 3
Wednesday's game
Washington at N.Y. Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Boston leads 2-1)
Monday's result
Boston 5 Toronto 2
Wednesday's game
Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 2-1)
Sunday's result
Minnesota 3 Chicago 2 (OT)
Tuesday's game
Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Series tied 2-2)
Monday's result
Detroit 3 Anaheim 2 (OT)
Wednesday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
(San Jose leads 3-0)
Sunday's result
San Jose 5 Vancouver 2
Tuesday's game
Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
(St. Louis leads 2-1)
Monday's result
St. Louis at Los Angeles
Wednesday's game
Los Angeles at St. Louis, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	21	11	.656	—
New York	18	12	.600	2
Baltimore	19	13	.594	2
Tampa Bay	14	17	.452	6½
Toronto	12	21	.364	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	15	14	.517	3½
Minnesota	13	15	.464	5
Chicago	13	17	.433	6

WEST DIVISION

	W	L	Pct	GB
Texas	20	12	.625	—
Oakland	18	15	.545	2½
Seattle	15	18	.455	5½
Los Angeles	11	20	.355	8½
Houston	8	24	.250	12

Monday's results
Toronto 8 Tampa Bay 7
Chicago White Sox 2 Kansas City 1 (11 inn.)
Cleveland 7 Oakland 3
Boston 6 Minnesota 5 (11 inn.)
Tuesday's games
All times Eastern
Kansas City (Santana 3-1) at Baltimore (Chen 2-3), 7:05 p.m.
Oakland (Milone 3-3) at Cleveland (McAllister 2-3), 7:05 p.m.
Minnesota (Diamond 2-2) at Boston (Dempster 2-2), 7:10 p.m.
Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.
L.A. Angels (Wilson 3-0) at Houston (Lyles 0-0), 8:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta 7 Cincinnati 4
Chicago Cubs 9 Texas 2
Miami at San Diego
Arizona at L.A. Dodgers
Philadelphia at San Francisco

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)
(Chicago leads 1-0)
Monday's result
Chicago 93 Miami 86
Wednesday's game
Chicago at Miami, 7 p.m.
Friday's game
Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)
(Indiana leads 1-0)
Sunday's result
Indiana 102 New York 95
Tuesday's game
Indiana at New York, 7 p.m.
Saturday's game
New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)
(Oklahoma City leads 1-0)
Sunday's result
Oklahoma City 93 Memphis 91
Tuesday's game
Memphis at Oklahoma City, 9:30 p.m.
Saturday's game
Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)
(Series tied 0-0)
Monday's result
Golden State at San Antonio
Wednesday's game
Golden State at San Antonio, 9:30 p.m.
Friday's game
San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results
Kansas City 4 Chivas USA 0
Houston 1 Los Angeles 0
Wednesday's games
All times Eastern
Houston at D.C., 7 p.m.
Montreal at New York, 7:30 p.m.
Salt Lake at New England, 8 p.m.
Seattle at Kansas City, 8:30 p.m.
Portland at Dallas, 9 p.m.
Toronto at San Jose, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

♉ Taurus
April 21 - May 21
The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

♊ Gemini
May 22 - June 21
Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

♋ Cancer
June 22 - July 23
If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

♌ Leo
July 24 - Aug. 23
You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

♍ Virgo
Aug. 24 - Sept. 23
Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

♎ Libra
Sept. 24 - Oct. 23
Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

♏ Scorpio
Oct. 24 - Nov. 22
Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

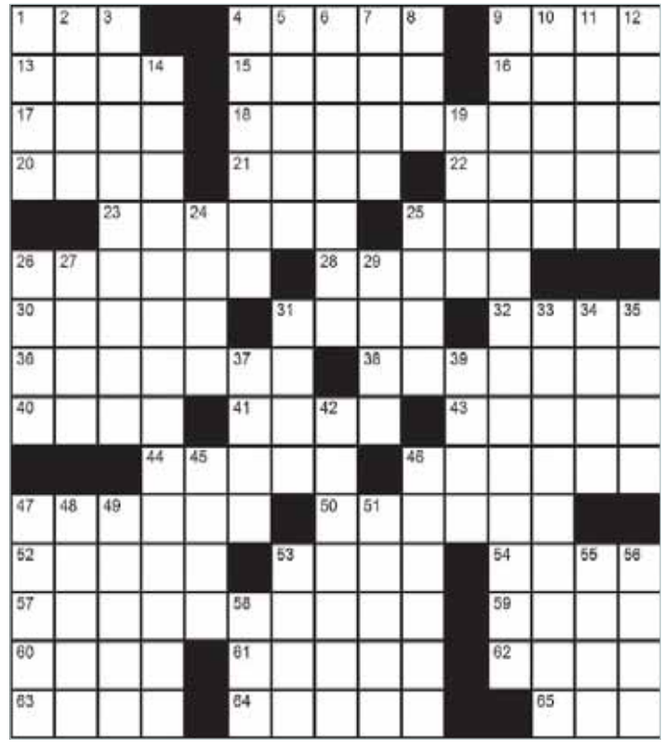
♑ Capricorn
Dec. 22 - Jan. 20
Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

♓ Pisces
Feb. 20 - March 20
You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. SALLY BROMPTON

Crossword: Canada Across and Down

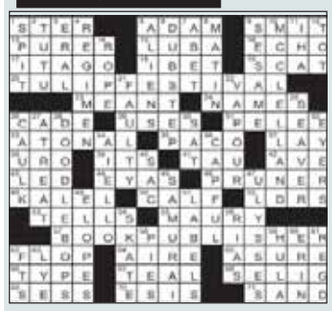
BY KELLY ANN BUCHANAN



Across
1. Quebec locale, __-Beauport
4. Hell
9. Immense
13. Awestruck
15. "___ be goin' now."
16. Sudbury landmark, __ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen __-Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. __ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden __
41. Golds, in Spain
43. __ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-__
46. Nuts
47. "Madonna: Truth __ __" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job
60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment company, John __
65. Montreal football players, to fans

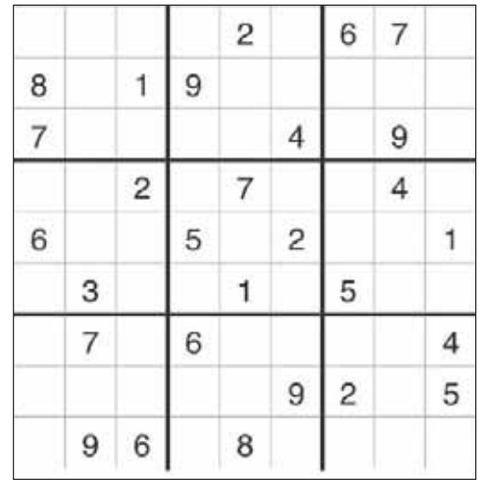
Down
1. Force in California's largest city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables
5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, __.com
8. Pou __ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: __ __'
10. Year's historic record
11. CSI part
12. "I Just Called __ I Love You" by Stevie Wonder: 2 wds.
14. Inglis ___ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama __"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of __ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "__ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or ___?"
55. Montreal-born humourist, Mort __
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword

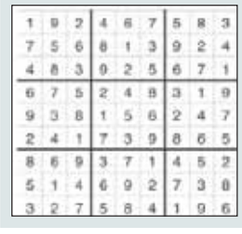


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 26° MIN: 9°	MAX: 13° MIN: 9°	MAX: 21° MIN: 7°

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CANADIAN TIRE JUMPSTART HELPS KIDS REALIZE THEIR SPORTING DREAMS

What kid doesn't love to swim, dance or play soccer, basketball, baseball or hockey? Not only are those activities fun, but research also shows that physical activity and access to sports for children leads to increased self esteem, strong leadership skills and improved school performance.

The reality is that one in three Canadian families can't afford to enrol their sons and daughters in sport and recreational programs. That's where Canadian Tire Jumpstart comes in. The national charitable program is making a real difference in the lives of young people from age four to 18, and its annual May Red Ball Campaign contributes to those efforts. The campaign's slogan, "Together we can help all kids play," couldn't be more apt.

In return for a $2 donation at any Canadian Tire Retail, Sport Chek, Atmosphere, Mark's or Canadian Tire Gas+ store, customers will receive a mini red volleyball or soccer ball throughout May. One hundred per cent of donations go directly to help deserving kids in each store's community participate in organized sport and recreation.

Since Canadian Tire Jumpstart launched in 2005, it has helped more than 570,000 (and counting) kids take part in 73 different activities. "Our vision is more than getting children involved in sports and recreation—it's to have a country where all kids have a chance to fulfill their dreams," says Johnny Misley, the President of Canadian Tire Jumpstart Charities.

Jumpstart is unique in its ability to work in every community across Canada, with 332 local chapters built on the support from volunteers and caring citizens. These chapters work closely with more than 2,600 community partners to identify families with financial needs whose children would benefit from the programs. Jumpstart Ambassador and Olympic gold medalist Rosie MacLennan explains, "there are so many benefits to participating in sports, from gaining social skills to building great friendships. All kids should have this opportunity, which is why I believe in the power of Jumpstart."

This year Jumpstart is proud to welcome Sport Chek and Atmosphere stores, to the family. Since these two banners came on board in January, they have raised more than $550,000 alone. Also, again this year we have support from a partner beyond the enterprise family Pita Pit who will also be offering Jumpstart red balls in exchange for a $2 donation.

"We're giving children the chance to learn life skills, create lasting friendships and fulfill their dreams," says Misley. "That's the power of sport."

For more information, visit jumpstart.canadiantire.ca or call 1-877-616-6600.

A little red ball can

Donate $2 today. Visit your local C
or Atmosphere store to receive a Jumpstart r
Visit jumpstart.canadiantire.c

Together we can he

GIVING KIDS A SPORTING CHANCE IN CALGARY

The kids at the Care Club know a lot about helping others. The young students at Ecole Olds Elementary School meet every week to learn about other cultures around the world and talk about what it means to be global citizens.

In the four years since the club started, they've spoken with refugee immigrants, given presentations on bullying and met a woman who is building a school in Afghanistan. They've become involved in a hands-on way as well, by raising money to support causes such as a school in India and cancer charities at home. This year they raised $1,000 for Canadian Tire Jumpstart Charities.

"They've all developed such an awareness for their fellow citizens," says Debbie Unger, one of four Olds Elementary teachers who run the program. "They know so much about the issues that affect people in other countries and also right here in our community."

Lesia Asaris and her husband are Canadian Tire dealers in Olds; their daughter attends Ecole Olds Elementary. Asaris says that last year Jumpstart helped 123 kids in the community get involved in sport and recreational programs. "It's a great cause for the Care Club. It gives students the opportunity to see their money in action."

JUMPSTART DAY EVENTS

Jumpstart Day events Saturday, May 25, is Jumpstart Day. Many Canadian Tire Retail stores across Canada are planning fun activities to help raise money for their local community, such as charity barbeques, GoClean waterless car washes, balloon pops and other fun games.
Visit your local Canadian Tire store on May 25 to help kids in your local community "get in the game."
To learn more about Jumpstart Day events, visit www.jumpstart.canadiantire.ca/en/events

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